

# Hygge

THE DANISH ART OF CONTENTMENT,  
COMFORT & CONNECTION



## *What is Hygge?*

- The word hygge comes from the Old Norse hyggja— to think and feel satisfied. It is related to finding shelter, rest and safety, and regaining energy and courage.
- Pronunciation: Hygge is pronounced 'hue-geh.'
- Hygge is about being, not having; about appreciating the small things in life that comfort and anchor us. Hygge draws meaning from the fabric of ordinary living.

## *Hygge Expressions*

Hygge, n. Contentment, comfort, and connection—with home, family, friends, and life

Bring more hygge into your everyday

Hyggelig/hygge, adj. Cozy, charming, nice, inviting ...

Hygger v. Doing a hyggelig activity. I'm hygge-ing tonight with a goodbook and a cup of hot beverage

## BRING MORE HYGGE INTO EVERYDAY LIFE

Hygge in a way is the intersection of mindfulness and minimalism. It is the antithesis to constant striving, consumerism, and keeping up with the Joneses. Hygge is not a lifestyle, and it's not about design aesthetic—you can't buy a hygge living room suite, and there aren't any specific hygge foods to prepare and eat. Simply put, hygge is the ability to slow down, to not only be present, but to recognize and enjoy the present as you are experiencing it.

Bring more hygge into everyday life by creating simple rituals. Whether it's brewing a cup of tea in a favorite mug every morning, lighting candles and playing classical music while preparing a meal, or curling up under a blanket in front of the fire after dinner, simple rituals allow us to appreciate what we have and help us develop a deep sense of well-being and contentment.

Hygge can be experienced at home or at your favorite coffee shop, with friends and family or alone, indoors or outdoors.

Hygge is about seeing domestic life as an art form rather than drudgery to escape from.

# How To Hygge

So, how do we hygge? When do we hygge? Where do we hygge?



In Denmark, hygge-ing is chiefly done during the winter months and particularly during the Christmas season. Denmark averages 17 hours of darkness per day in the winter. Hygge was the answer to making it through those dark, cold months with one's sanity intact. With that said, it is also possible to hygge any time of year. All it takes is an unscheduled block of time doing things you enjoy with the people you enjoy the most, like a picnic in the park or a day on the lake.

Candles and candlelight, fairy lights, firelight, and lamps with warm bulbs and lampshades help create a hyggelig atmosphere. So do comfy couches, cozy throws, and warm socks. A relaxed lifestyle and a home filled with things you love are also a part of hygge-ing. Ultimately, however, the goal of hygge is to feel at home—in your own skin; at work; travelling; grocery shopping; with family, friends, coworkers and neighbors. Hygge is a very personal and individual thing. What makes one person happy may not make another so. Hygge is a combination of internal and external factors that make a person feel safe, happy, connected and present.

## Eat, Drink, and Hygge



Baking is inherently hygge, especially when it conjures pleasant childhood memories of holidays and family get-togethers. Recipes passed down from generation to generation are also very hygge. When it comes to food, anything we consider soul or comfort food is definitely hygge. Potluck dinners with friends, neighbors, coworkers, or church members can be hygge. So can fondue, since you are sharing a meal using a communal pot. Preparing a meal with help from friends and family is hygge. Nothing is more hygge than a delicious stew or hearty chowder in the cooler months. Picnics and cookouts in the warmer months can also be hygge.

Warm beverages in the fall and winter are definitely hygge. French press coffee, coffee made using the pour-over method, and lattes with foam art are all hygge. A pot of Earl Grey tea with cream and sugar brings a touch of hygge to a gloomy, gray, rainy afternoon. For those of us in North America, a mug of hot chocolate after sledding or playing in the snow is the epitome of hygge. For northern Europeans and Scandinavians, mulled wine is a popular warm beverage served especially during the Christmas season. In Denmark, mulled wine is called jule gløgg, and the Germans have Glühwein (literally: glow wine).

## Spicy Hot Chocolate

3 1/2 cups milk  
1/2 cup heavy cream  
6 oz. bittersweet chocolate, chopped  
1/4 cup sugar  
1 tsp ground cinnamon

1 tsp vanilla extract  
1/4 tsp ground chipotle powder  
4 tbsp unsweetened Dutch cocoa  
Pinch of nutmeg, cayenne



Add chocolate, sugar and spices to saucepan and heat on medium-low, stirring until chocolate begins to melt. Add milk and cream. Increase heat to medium, stirring frequently, until simmering. Remove from heat and serve in mugs.